



Bulgogi Pork Tacos

with Chips, Sesame Mayo and Pickled Red Onion

Classic 30-35 Minutes • 2 of your 5 a day

5



Potatoes



Bell Pepper



Garlic Clove



Red Onion



Rice Vinegar



Sesame Seeds



Mayonnaise



Pork Mince



Bulgogi Sauce



Plain Taco Tortilla

Pantry Items
Sugar

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, bowl, frying pan, and plate.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Bell Pepper***	1	2	2
Garlic Clove**	1	2	2
Red Onion**	2	2	3
Rice Vinegar	1 sachet	1 sachet	2 sachets
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Sesame Seeds 3	15g	15g	15g
Mayonnaise 8 9	2 sachets	3 sachets	4 sachets
Pork Mince**	240g	360g	480g
Bulgogi Sauce 11	75g	100g	150g
Plain Taco Tortilla 13	6	9	12

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	725g	100g
Energy (kJ/kcal)	4068 /972	561 /134
Fat (g)	39	5
Sat. Fat (g)	11	2
Carbohydrate (g)	126	17
Sugars (g)	26	4
Protein (g)	35	5
Salt (g)	1.97	0.27

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 8) Egg 9) Mustard 11) Soya 13) Gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Cook the Chips

Preheat your oven to 200°C. Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel). Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.** When the oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through.



Get Frying

Pop your (now empty) pan back on high heat with a drizzle of **oil**. Once the **oil** is hot, add the **pork mince** and cook until browned, 2-3 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. Season with **salt** and **pepper**. **IMPORTANT: Wash your hands and equipment after handling raw mince.** Add the **pepper** and remaining **onion** to the **pork** and cook, stirring occasionally, for 4-5 mins more.



Finish the Prep

Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press). Halve, peel and thinly slice the **red onion**. Pop **half** the **onion** into a medium bowl and add the **rice vinegar**, **sugar for the pickle** (see ingredients for amount) and a pinch of **salt**. Mix together, then set aside.



Pep up your Pork

When the **veg** has softened and the **pork** is cooked through, add the **garlic** to the pan. Stir and cook until fragrant, 1 min. Stir in the **bulgogi sauce** and heat through gently until piping hot, then remove from the heat. **IMPORTANT: The pork is cooked when no longer pink in the middle.**



Make the Sesame Mayo

Heat a large frying pan on medium heat (no oil). Once hot, add the **sesame seeds** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins. **TIP: Watch them like a hawk as they can burn easily.** Once toasted, divide them between 2 small bowls. Set one bowl aside. Add the **mayo** to the other **sesame seed** bowl and season with **salt** and **pepper**, then stir to combine and set aside.



Assemble the Tacos

When you're almost ready to serve, pop the **tortillas** onto a baking tray and into the oven to warm through, 1-2 mins. Lay the warmed **tortillas** on your plates (3 per person). Spread over a spoonful of **sesame mayo** on each, then top with the **pork mixture** and **pickled red onion** - as much as you'd like. Sprinkle over the remaining **sesame seeds** to finish and serve with the **chips** alongside.

Enjoy!